

Operation Hele On: Mission accomplished

By 1st Lt. Jennifer Tribble
15th Airlift Wing Public Affairs

For some, it was a long goodbye. For others, it was a quick kiss on the cheek and the promise they would soon meet again. But for all 50 military dependent children, it was their last few moments before deploying to the wilderness of Kumulani Air Base Aug. 19.

This mock deployment, Operation Hele On, wasn't a 90-day or even 180-day rotation. It was only eight hours and for these young Sky Warriors it was a day that will not soon be forgotten.

"This was an opportunity for the children to learn firsthand what their parents go through when they deploy," said Beth Hodges, Family Members Programs Flight Chief and Hickam Community Action Team chairperson. "The kids are left behind when parents deploy and they don't know what happens when they say 'goodbye'. Now they have an idea of what their parents are going through and the measures the Air Force takes to protect and prepare them for deployment."

This was the second year for the operation, which was developed and implemented by Hickam's Community Action Team.

Beginning the adventure, the young warriors met face-to-face with volunteer train-



Capt. Lance Freeman, 15th Airlift Wing Legal office, goes through legal details with Hele On Airman, Tyler Thompson.

Photos by Angela L. Elbern

ing instructors who taught them basic military training and protocol. Learning the basics of military training proved to be a challenge.

"Following orders is kind of hard," said 11-year old Thomas Scott. "But at least I know more about what my dad does in the military."

The next stop was a trip to the deployment line for a bag drag and equipment issue.

The kids received personalized dog tags, camouflage hats and shirts and special backpacks complete with camouflage face paint. They also received pre-deployment briefings from representatives from the medical group, the legal office, finance and other base agencies.

"Putting this event together was definitely a team effort," said Maria Barrows, director of Hickam's Family Support Center. "So many volunteers and base agencies made this experience possible for the children."

Once outfitted with proper deployment gear, the children were bussed to the Hawaii Air National Guard's 154th Wing and got the chance to explore the inside of a KC-135.

Finally, the young warriors arrived at Kumulani Air Base. Before the children could sample MREs, they had to raise the flag to officially open the base. After lunch, volunteers from the 15th Medical Group provided a demonstration in

medical moulage and first aid, and Airmen from the 15th Security Forces Squadron provided a military working dog demonstration and weapons briefing.

Throughout the day, the children had the chance to continue honing their military etiquette and marching skills.

"There were a lot of things we had to do today, like learning how to march and salute," said Kendra Nash. The mock deployment truly hit home for the 9-year old since her father was currently preparing to deploy.

"It'll be sad when he's gone," she said, "But I have my mom and sister, and as long as we have each other,



Pilot 1st Lt. Chris Cole explains the mechanics of wings on the back of a KC-135 as Senior Airman Cal Cordeiro, boom operator, maneuvers them to children participating in Operation Hele On.

it'll be okay."

While the day's activities focused on fun and learning, Ms. Barrows hoped each child returned home with a new appreciation for what their military parents do each day.

"I hope each one of these children will be better able to relate to their military moms and dads and have learned that deploying isn't easy and it requires a lot of sacrifice from the entire family."

Catch a falling star *Part 2, the early years*

By Al Blankenship
15th Logistics Group

A fleet of specially modified C-119 Cargo planes arrived in the fall of 1958 at Hickam Air Force Base. These planes were known as JC-119's since their special rear cargo doors opened vertically instead of side to side. Each planes cargo compartment had a winch, pulleys, and two pole mounts to permit aerial recovery of descending parachutes. In flight, when rigged for aerial recovery, there were two poles extending down and behind the aircraft holding two loops of aerial recovery hooks. These planes of the 6594th Test Group worked with other aircraft and ships to retrieve returning earth orbiting capsules for the national satellite science program Discoverer.

After many months of practicing their future mission at Edwards and Holloman Air Force Bases the members of the test group and their families were grateful to settle at Hickam. The JC-119's were brought out of storage. They had previously been used for aerial recovery of high altitude reconnaissance balloon packages over the South China Sea. A few years earlier hundreds of these balloon systems had been launched from northern Europe to fly over Russia and China.

They practiced their future mission over the Edwards and Holloman test ranges by dropping 200-pound training capsules. After the dropping of a training capsule they would fly away a few miles and then turn back to the descending capsule to make a mid-air recovery. Mr. Charles Dorigan who was an Air Force C-119 loadmaster trained as an aerial recovery rigger to handle the poles, parachute, hooks, and cap-

sule; was at Edwards, and arrived at Hickam AFB with his crew in early December 1958.

"It was exciting to be on this mission, and to see Hawaii from the open backend of the JC-119 aircraft." He was reassigned to Edwards AFB in October 1959 to the 6594th Test Group's operating location to test the new aerial recovery equipment being engineered for the expected JC-130B aircraft. Mr. Dorigan was also on the C-130 from Edwards AFB that transported the August 19, 1960 capsule back to the mainland.

By February 28, 1959, the crews were fully trained and ready to recover a capsule returning from earth orbit. However the first launch from Vandenberg AFB failed to achieve orbit, causing great disappointment to test group members who were eager to accomplish their mission. Training continued over the next one and one half years, while eleven additional missions were attempted. These planned missions were scheduled two weeks to several months apart. Finally Discoverer 13 returned to earth successfully. However, the capsule descended outside of the planned area and was too far away from the on-scene aircraft for a mid-air recovery. The telemetry signal from the capsules radio beacon enabled it to be located as it floated on the ocean and it was retrieved by ship.

The first successful mid-air recovery was accomplished with the Discoverer 14 capsule on August 19, 1960. For their efforts, this aircrew received the McKay trophy for the most meritorious aeronautical feat of 1960. This mission achieved two major milestones in space history, for it was the first time a photo had been taken from space and the first mid-air

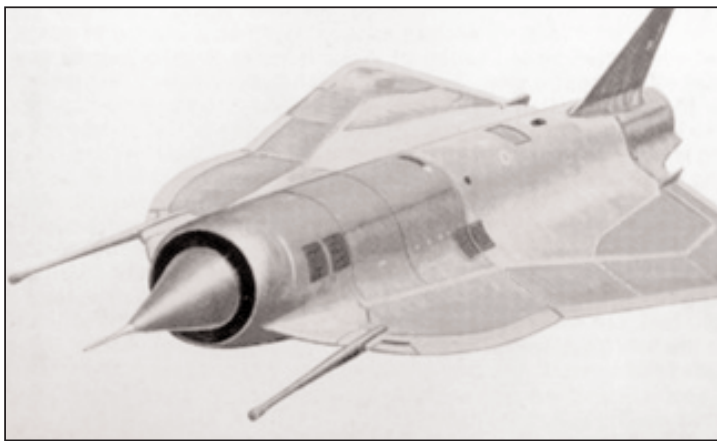


Photo and artwork courtesy of Al Blankenship

(Above) The D-21 Drone was used by flight groups to catch film and camera packages after they came out of China during the 70's. (Top) A SH-3 Helicopter over the Pacific Ocean prepares for a water pick-up of a film capsule from a spy satellite.

recovery of an object from space. Both the recovered capsule and this JC-119 aircraft now reside in the National Museum of the United States Air Force at Wright Patterson Air Force Base, Ohio.

The success of this new Air Force mission resulted in the 6594th Test Group receiving twelve brand new JC-130B Hercules aircraft and six SH-3 helicopters. Two modified World War II Liberty Ships, the Sunnysvale and Longview, both

equipped with a landing pad and two hangars each, supported the SH-3 helicopters. The test group also received the needed funding to build its offices and Recovery Control Center in Hanger 2 where 15th Services Squadron and the Education Center are located today. They were previously located in cramped quarters in a wing of what is now the PACAF Headquarters building. At this point, the unit occupied Hangers 2, 4, and 11; and was the largest fly-

ing organization at Hickam. The base parachute shop stayed busy repairing and repacking training parachutes for the test group.

In 1967, the unit was assigned to support a top-secret mission, called Senior Bowl (D-21 Drone). They received three JC-130H long-range Hercules planes to provide this support. Several of the early test launches of this drone, designed to fly four times the speed of sound at 100,000 feet were conducted in the mid pacific. This allowed the test group to practice the mid-air recovery of the D-21 Drones 800-pound camera and film system. This mission required the unprecedented use of the one half inch steel cable on the recovery winch, versus the one half inch nylon rope. The test group supported operational D-21 missions out of Kadena Air Base, Japan from 1969 until 1972. These missions were flown over Mainland China and were halted with improved US/China relations in 1972.

The 6594th Test Group was also supported by the last active duty B-47 bombers, which were assigned to Hickam and retired in July of 1969. They were used as weather WB-47's to check the weather in the recovery area.

Next week

The second half of the 6594 Test Group's history started with a much larger recoverable film capsule, upgraded helicopter capability, and a long range rescue mission.

The Base Library will host three "Catch a Falling Star", Presentations with slides; parachutes, hooks, etc; and video Sept. 14 (two presentations) and Sept. 17 (one presentation).

AT THE MOVIES

Memorial Theater 449-2239 • CLOSED Monday and Tuesday

Friday and Saturday 7 p.m.

Charlie and the Chocolate

Factory – Charlie Bucket, a boy from and impoverished family under the shadow of a giant chocolate factory, wins a candy bar contest and is given a tour, along with four other children, of the amazing factory run by the eccentric Willy Wonka and his staff of Oompa- Loompas. Starring Johnny Depp and Freddie Highmore. Rated PG - quirky situations, action and mild language.



Sunday 7 p.m.

Bad News Bears – Morris, a former pro baseball player, was ejected from the game for attacking an umpire and now works as an exterminator. More interested in boozing and broads than baseball, Morris is lured back into the game by Liz, an attorney whose class action suit has forced the Little League to accept all players, regardless of their abilities. As the new coach of the Bears, the most losing team in Little League history, Morris has his work cut out for him. Initially, he's only in it for the paycheck, but he and his inept players have a transformative effect on one another that is wholly unexpected, and completely remarkable. Starring Billy Bob Thornton and Greg Kinnear. Rated PG-13 - rude behavior, language throughout, some sexuality and thematic elements.



Team Hickam History:

The Air Force's most historic airfield

Aug. 31, 1939: Wheeler Field became a separate permanent military post, although the transition to independent status had been gradual. By the end of the year, the 18th Pursuit Group was stationed there, under the jurisdiction of the 18th Bomber Wing head-

quartered at Hickam Field.

Aug. 29, 1950: The first shipments of whole blood from the United States destined for Korea, under Operation "Blood Plasma," arrived at Hickam. The 1500th Air Traffic Squadron was responsible for re-icing these shipments upon arrival, and again prior to reshipment, with ice furnished by the Ice Plant at Schofield Barracks.

Aug. 28, 1952: The first Women in the Air

Crossword Puzzle: Air Force Pioneers of the '60s

By Capt. Tony Wickman
Alaskan Command Public Affairs

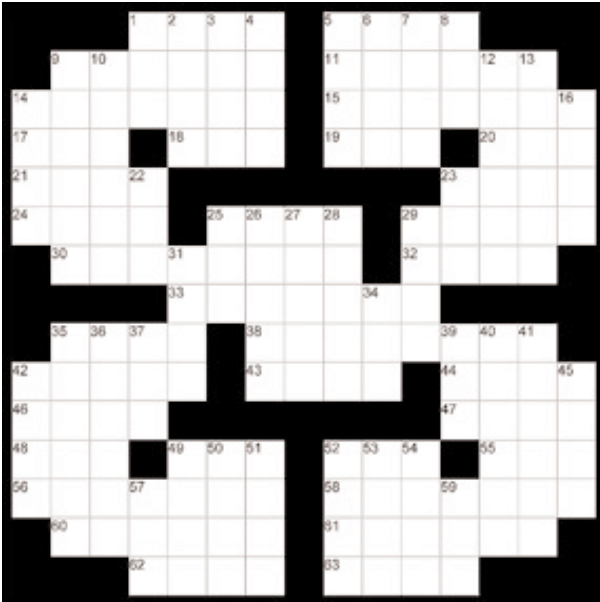
ACROSS

- 1. Singer Braxton
- 5. A clutch
- 9. Crushed
- 11. In effect
- 14. ____ Adams; first Lady of the United States (1797-1801)
- 15. Distant relatives
- 17. Deer relative
- 18. Compass dir.
- 19. Terminate
- 20. Path, in short
- 21. Drudgery
- 23. Taj Mahal site
- 24. Ice cream holder
- 25. German Mrs.
- 29. E.T.
- 30. Capt. Harold F. ____; first to aerial recapture space capsule
- 32. Egyptian river
- 33. Environment
- 35. Axe
- 38. Lobe decorations
- 42. Scrooge
- 43. Exam for law students, in short
- 44. Thai currency
- 46. Mil. quick
- 47. Servant
- 48. Greek letter
- 49. Fed. flight org.
- 52. Exist

- 55. Epoch
- 56. Dr. Robert ____; 9th SECAF
- 58. A1C John ____; Medal of Honor recipient
- 60. Scholar type
- 61. Cro-Magnon people
- 62. Amphibian
- 63. Cubs star Sammy

DOWN

- 1. Sale item
- 2. USAF base in Korea
- 3. No for 25 ACROSS
- 4. Resting
- 5. Visage
- 6. Image
- 7. Pilaster
- 8. ____ the season ...
- 9. Flowering
- 10. South Pacific atoll
- 12. Lt. Col. ____ I. Grissom; USAF Mercury astronaut
- 13. Main dish
- 14. USAF MAJCOM for training
- 16. 1974 Nobel Peace Prize winner MacBride
- 22. Allow
- 23. Boxing legend
- 25. Fed. housing org.
- 26. Mutiny
- 27. Pseudonym
- 28. Die-hard
- 29. Against
- 31. Moonstruck actress
- 34. Op or surreal



- 35. Col. Bernard ____; first air commando
- 36. MoH recipient
- 37. Old Testament prophet
- 39. Dem. opponent
- 40. Shaq's org.
- 41. Male or female reproductive cell
- 42. Actress Stone
- 45. De-ice

- 49. Dim
- 50. From scratch
- 51. Helper, in short
- 52. Sign of regret
- 53. Reclaim property from non-paying buyers, informally
- 54. Day prior to events
- 57. Week starter, in short
- 59. USAF reserve category

See SOLUTION, B4

Force attendant to fly the Pacific Airlift between Hickam and Haneda (Japan), A/2C Irene Grandchamps of 49th Air Transport Squadron, left Hickam Aug. 28 aboard a MATS Pacific Division C-97 Stratofreighter, and returned six days later. The pioneer flight with a WAF flight attendant carried cargo westbound, and returned with air evacuees.

Aug. 27, 1952: The 15th Communications

Squadron, Command (predecessor to the 15th Operations Support Squadron), was redesignated as the 15th Communications Squadron, Operations.

Aug. 30, 1984: From Aug. 30 to Sept. 5, 1984, Hickam personnel supported the Space Shuttle Discovery's maiden flight (STS-41D mission), standing by in the event of an emergency landing.

AF members lend hand to Kapolei Titan's football team

By Kirsten Tacker
Kukini Photojournalist

Air Force members volunteered to fill the “pukas” at the Kapolei Community Park Saturday in support of the boys who play for the Kapolei Titans Pop Warner football team.

While picking his daughter up at the park, Master Sgt. Raul Pira, 15th Services Squadron unit training manager, struck up a conversation with Christine Ah Yee from the Navy Public Affairs office.

Ms. Ah Yee turned out to also be the vice president of the Kapolei Titan's Pop Warner Association.

The conversation shifted to the Pop Warner football team and this is how Sergeant Pira and his team of more than eight came to volunteer and help prepare the field for the Titan's upcoming season.

Once he learned the organization was in a bind he took action.

“I basically offered my help in preparing their field before the season opener,” said Sergeant Pira. “That led me to asking my shirts to canvass the message to Hickam blue suitors.”

During his conversation at the park with Ms. Ah Yee, he asked if she needed help even before he knew her dilemma.

“What we tried to do is contact parks and recreation and they informed us that they would have to get a task force,” said Ms. Ah Yee. “We couldn’t wait for the task force because our season starts next week.”

The task required a backhoe and a lot of manpower with shovels. Many came to fill the holes and even out the football field. Fathers and sons, sisters, brothers, mothers and football fans like Sergeant Pira who grew up playing Pop Warner ball came out to help.

“We are trying to do all of the

work today, so next week we can take the boys to look at all of the games,” said Ms. Ah Yee. “For many of them this is their first time ever playing football. We are very grateful that Sergeant Pira asked if we needed help. He just offered services and right when he came to talk to me we were in a bind.”

The more man-power, the quicker the work gets done for Saturday's season opener and the Pop Warner club benefited from Sergeant Pira and his group of volunteers.

“We are really grateful to the Air Force members that came,” said Ms. Ah Yee.

To volunteer for this season's Kapolei Titan's Saturday games to work the down markers and help set up the games, call Sergeant Pira at 449-1030 x286.

For more information on the program, visit <http://oahupop-warner.com>.



Photo by Kirsten Tacker

Eleven Air Force members including Master Sgt. Raul Pira, Staff Sgt. Ian Babnes and Staff Sgt. Aileen JeNam volunteered to fill in holes on the Kapolei Titan’s football field for their season opener.

15th Aircraft Maintenance Squadron

15th Aircraft Maintenance Squadron



25th Air Support Operations Squadron

25th Air Support Operations Squadron

15th AMXS rocks because: The 15th AMXS is gearing up to “bed down” eight C-17A aircraft. This is the first time strategic airlift aircraft have been stationed outside the Continental United States. Furthermore, as part of the 15th Maintenance Group, we are joining forces with our brethren from the 154th Wing to become a joint active-duty and Guard unit. There are considerable challenges starting up an entire group, but the people assigned so far are facing those challenges and overcoming them. The camaraderie and team concept among the people is evident in their duty and also in their off-base volunteerism.

My job affects all of Hickam in that: When the C-17's are finally stationed here the 15th Airlift Wing will be a true airlift wing. When that happens, the base mentality will change. Being an aircraft operational base means more inspections to include operational readiness inspections. That means that more personnel will be playing, and there will be base X deployments.

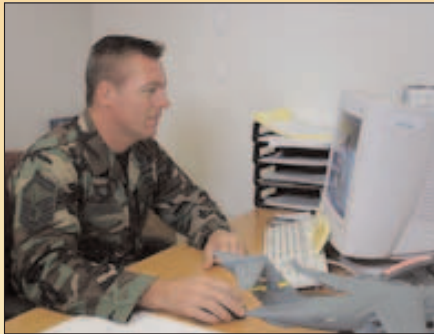
When not at work, I spend my off duty time: I bought a condo last year in Waikiki and have been slowly making renovations, so that takes up most of my time. I also “try” to surf and play golf.

Something people don't know about the 15th AMXS: Eighty percent of my squadron has only been on the island an average of four months. That's how new we are.

If I could change one thing about Hickam, it would be: How can you complain when you work in paradise, but if I did, the entire flight line ramp is crumbling and needs to be repaired or replaced. Also, when the base does its weekly foreign object debris walks on the ramp, the entire base should participate.

What his supervisor says: “He’s excellent at what he does without question.”

1st Lt. Shawn Stermer
15th Aircraft Maintenance Squadron



25th ASOS
rocks because: No matter what circumstance dictates we remain to hold this team unity, whether it's at the office doing training, in the field or overseas for more than six months at a time.

When not at work, I spend my

off duty time: with my wife Sabine and my two little girls Mercedes and Bailey.

Something people don't know about the 25th ASOS: Our unit is aligned under the 25th Infantry Division Light. We support both Special Forces and conventional Army units by providing them with close air support or CAS assets. While down range we could even support every armed service including coalition forces.

If I could change one thing about Hickam, it would be: I would have to stress housing.

What his supervisor says: “His energy and ability to multi-task is incredible. He’s got a great personality that is highly respected. Great guy to have working for us.”

Capt. Cory Raeth
25th Air Support Operations Squadron

SOLUTIONS, From B2



CHAPEL

Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

PROTESTANT

Nelles Chapel
Sunday Contemporary
Service 8:30 a.m.
Sunday Gospel Worship
11:15 a.m.
Sunday Praise Gathering
5:30 p.m.
Chapel Center
Sunday Traditional
8:30 a.m.

JEWISH

Aloha Jewish Chapel,
Pearl Harbor
473-0050
Jewish Lay Leader
Mr. David Bender
527-5877
Naval Station Chapel
473-3971

CATHOLIC

Nelles Chapel
Weekday Mass
11:30 a.m.
Saturday Confessions
4:15 p.m.
Saturday Mass 5 p.m.
Chapel Center
Sunday Mass 10 a.m.

ISLAMIC

Friday Congregational
Service
(1935 Aleo Place,
Punahou)
1 p.m.
Muslim Association
of Hawaii
947-6263

BUDDHIST

Honpa Hongwanji Hawaii
Betsuin A Shin
Buddhist Temple
536-7044

ORTHODOX

For more information,
call 438-6687

Sports Shorts

Diamond Head officials

The association is looking for flag football referees for the upcoming intramural flag football season.

No experience required as training will be provided before the season starts. Please contact Darren Jones at 448-1683 if interested.

Youth football and cheerleading registration

All participants need a current physical (within 1 year) and birth certificate.

Cost is \$50 for football and \$65 for cheerleading. Participants eligible are birth years 1989 to 2000. Practice begins Sept. 5. Coaches training will be held at the Community Center Aug. 27 at 9 a.m. Parents Meeting at Kidsports Aug. 29 at 6 p.m. Volunteer coaches are needed for both, contact Youth Sports 448-4492 if interested.

Youth baseball registration

Fall Baseball registration is going on and runs through today. Participants need current physical (within 1 year) and birth certificate. Eligible are birth years 1989 to 2000. Fee is \$50 per player.

Practice will begin Sept. 5, and the season will run from Oct. 1 to Nov. 30. Coaches are needed for fall baseball, football and cheerleading.

Golf tournament

The Pacific Air Forces Regional Supply Squadron is hosting a golf tournament today. Cost includes green fees, cart and prizes. E-1 through E-4 and GS-1 through GS-3, \$30. E-5 through O-3 and GS-4 through GS-8, \$40. O-4 and above, civilians and other DOD members, \$45.

To sign up, send an email to brian.townsend@hickam.af.mil or toney.richey@hickam.af.mil.

For more information call 449-7777 or 449-7781.

Running club

Hickam Fitness and Sports Center is recruiting runners of all levels to begin a running club. Advanced participants are needed as volunteers, but all levels are welcome.

Monthly discussions will occur including speed work, race etiquette, massage, nutrition, yoga for runners and more.

For more information, contact Susanne Dale at 449-1044.

Hickam Swim Team

The Hickam Hurricanes program is dedicated to providing children an all-around competitive swimming program.

For more information, check out the Hickam Hurricanes' Web site at <http://www.hickamhurricanes.com/>.



photobyline

(Left) Rachel James practices her bridge in the advanced class at Hickam's Gymnastic Center. (Above) Jessica Smith and Elyssa English reach for their toes during the kinder gym class for three and four year olds.

Youth program keeps kids flexible

By
Kirsten
Tacker
Kukini
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Olympic Program, which competes all over the island. Their competitive season begins in October.

“A lot of people want their kids to have the gymnastics experience, you want them to enjoy this and that is the whole recreational theme here,” said Ms. Smith.

At the gymnastics center individuals can increase their skill levels on vault, pommel horse, rings, floor,

A level five gymnastics competitor at the gymnastics center, Tia Eberline, practices a balance movement on the balance beam called a scale. The center offers gymnastics programs for all ages.

balance beam, parallel and high bars.

Currently the youth gymnastics program has more than four hundred kids and a waiting list of more than two hundred.

“We do have an extensive waiting list right now because I don't have as

many instructors,” said Ms. Smith.

“We are very blessed because Mike Nakashima is a certified instructor in training and safety and can certify incoming instructors.”

To keep up with its demand of expanding classes, the program staff

is in the process of hiring two additional instructors and three more in the future.

Sign-up and the class schedule is available at the front desk of the gymnastics center.

The class offerings are parent and tots, kinder gym, swingers, kippers, bounders, giants, advance, tumbling, pre-team, pre-Team I, pre-Team II and Team Flyers competitive.

Each class is broken down by ages and skill level.

“We'll assess skill level. We have what's called a junior Olympic book that we go by with skills,” said Casey Anderson, lead coach. “Right now we are actually working on the level one routine with all of our kids.”

Once they pass level one, they go on to level two and level three. Progressively each level advances the gymnasts gymnastic skill a little bit more.

“If it gets to the point where a kid is in swingers, which is our 5- to 6-year-old class, and we can see they're at the 7-year-old level, we'll bump them up to the kipper class, which is our 7 and up. If they're still excelling, we'll have our team coach and director assess them for advanced, pre-team or team [class eligibility],” said Ms. Anderson.

For more information on the program, contact the gymnastics center at 449-2088.

Photos by Kirsten Tacker



Classes at Hickam's Gymnastic Center

Parents & Tots

- Instructors show parents how to guide their child (18-month to 3-year-old) through various locomotor activities. Children are introduced to a fun packed class that includes obstacle courses, music and games. Advance/Tumbling
- Students age 6 on up begin learning advanced gymnastics skills, while refining, sharpening and improving existing gymnastics techniques.

Kinder Gym

- Student's ages 3-4 will develop coordination, agility, muscular, strength, flexibility, balance and motor skills. Youth

will also begin learning fundamental gymnastics on all apparatus.

Pre-Team/Pre-Team I/Pre-Team II

- Student's age 6 and higher will polish basic gymnastics skills on poise, movement patterns and increase their fitness level. Youth will acquire skills that will be developed into routines that will progress to the competitive team.

Swingers/Kippers

- Gymnastics skills are taught to student's age 5 and up from the United States Gymnastics National Junior Olympic Program. Children progress

from Pre-level to Level 7.

Team Flyers Competitive

- The team programs follows the United States Gymnastics National Junior Olympic Program competing at levels 4-7 for ages starting at 6. The competitive season for level 4-6 runs during the fall & spring season. Level 7 runs during the spring season (Jan-Apr)

Bounders/Giants

- This class is designed for boy's ages 6-12 to acquire skills on all six gymnastics apparatuses.

Deployed dodgeball

Todd Gill throws the ball during a dodgeball match along with other people at a forward deployed location. Gill is deployed from Hickam. Dodgeball is just one of many sporting activities the services squadron offers for deployed members during their down time.

Many of Team Hickam's members will be returning from their deployment as part of Air Expeditionary Force 5 soon. To see what some of them are looking forward to doing first when they get back to Hickam and Oahu, see A3.

Photo by Staff Sgt. Helenor Luna



Sun Sense: Protect body from skin cancer

By Gaylen Redoble
15th Airlift Wing Safety office

The Hawaiian sun gives people a sense of well-being and relaxation, but it can also cause serious skin damage. A tan, for so long thought to be healthy and attractive, is in fact the body's reaction to damage from over exposure to ultraviolet rays.

The sun radiates light and heat, but it also emits other invisible rays. It is well known that this can cause sunburn and early aging, but now there is evidence that ultraviolet radiation can cause more permanent damage to skin that can result in skin cancer.

The last twenty years have seen a dramatic rise in the number of cases of skin can-

cer. In the United Kingdom, the number of new cases has nearly doubled. There are more than 40,000 new cases and more than 2,000 deaths every year from skin cancer. Though statistically it is the second most common form of cancer, many experts think it is probably the most common because many minor cases are not officially registered.

Nowadays, however, most cases of skin cancer are completely curable. Nine out of ten cases are non-melanoma of which there are two types, basal cell carcinoma and squamous cell carcinoma. These are rarely fatal if treated early, and they tend to appear on the more exposed parts of the body in later life. It is thought that they arise as a result of

cumulative exposure to the sun and are therefore more common in older people and those who have spent much of their time outdoors, for instance agricultural workers.

One in ten cases, however, are the more dangerous malignant melanomas. These spread rapidly and can kill if not treated quickly. They can often be linked to sunburn or occasional overexposure, and are more common in younger people. For this reason children and infants who tend to spend more time outdoors, need special care.

Skin care

People's skin produces a pigment called melanin when exposed to the sun. It is the body's ability to produce

melanin that decides whether someone tans easily or not. Fair-haired people tend to produce less melanin than dark people. The amount of protection that a tan can give is however very limited, and by the time skin tans much of the damage has already been done.

A person's skin color is a major factor in the risk of skin cancer:

High risk: People with pale freckled skin tend to burn easily.

Medium risk: People with darker hair and eyes who tend to tan easily.

Low risk: People with darker skin, who virtually never burn.

Protect and survive. Skin cancer is mainly preventable.

Most cases are as a direct result of overexposure to the sun, either in short intense doses resulting in sunburn, or a slower cumulative build up. By taking more care to protect skin people can greatly reduce the risk.

Take care not to burn. Sunburn is painful and unsightly, and the damage may be permanent with serious long-term effects.

Seek shade around noon. This is when the sun is most intense. Don't be fooled by a cool breeze, or light cloud - on an overcast day there can still be 80 percent of the ultraviolet radiation present.

Cover up. The best way to protect skin is to put a physical barrier between the skin and the sun. Clothes are the sim-

plest form of defense. Choose a tightly woven cloth to block the rays and a loose fit to keep cool. A wide-brimmed hat is essential to cover the nose, ears and neck – the most common sites for skin cancer. Eyes need protection too.

Take special care of children and babies. Sunburn during childhood can lead to skin cancer later in life.

Use a high factor sunscreen, SPF15 or above. Make sure it is broad spectrum to protect from UVA and UVB rays. Apply it generously before going out in the sun and re-apply regularly.

Whatever the outdoor activity, be it sport, gardening or simply walking to work or the shops, be aware of the sun, and protect the body.

Be smart, stay safe during upcoming holiday weekend

By Master Sgt. Kim Lingham
692nd Intelligence Group

Children may dread Labor Day because it means school starts. Young adults may look forward to Labor Day because it means a three-day weekend; one of the last opportunities to enjoy the weather and have fun.

As a safety professional, I'm actually beginning to dread the long Labor Day weekend because it's another opportunity in which Air Force personnel are likely to have a mishap. By taking some time to review these safety tips and incorporating personal risk management into all weekend plans, people will minimize their mishap potential, ensuring a memorable holiday for all.

Vehicle travels

- Here are some vehicle safety tips:
- Make sure the vehicle is in good working condition prior to taking on any road trips.
 - If driving a rented or unfamiliar vehicle, take the time before the trip to drive it and become

familiar with its handling capabilities. The same holds true for operating motorcycles.

- Always use a seatbelt, even when it's time to sleep in the passenger seat.
- Know the weather and road conditions before traveling.
- Take a cellular phone for emergencies; however, only use the cellular phone after the vehicle is at a complete stop and out of traffic.
- Ensure the driver and alternate drivers are well rested. Do not drive when drowsy. Have extra money available for a hotel room just in case everyone becomes too tired to drive. It's far cheaper to get a hotel room versus the cost of a hearse if someone is killed because the driver fell asleep.
- Don't drink alcohol then drive. Fun in the sun, alcohol consumption, then driving is not a good combination.
- Don't speed. Even though most everyone is able to drive fast, not everyone is capable of controlling a car that is going too fast. When faced with an unforeseen situation on the roadway, ensure the driver is able to safely stop the

vehicle. The vehicles speed should be commensurate with the conditions.

Outdoor recreation: Great weather and a three-day weekend are likely to drive everyone out of the house to have fun. Below are some general safety tips:

Water safety

- Never operate a boat while intoxicated.
- When in a boat, don't make any unexpected movements as a boat occupant may be pitched overboard.
- Keep a good lookout and situational awareness of other boats and objects.
- Don't operate the boat at dusk without the warning lights on.
- Wear an approved life jacket.
- Swim with a buddy. People should know the area and not exceed their swimming ability.
- Swim in an area monitored by a lifeguard.
- Check water before diving. shallow depth and hidden debris are always considerations when swimming. Do not dive into unfamiliar waters or dare others to do so.

Hiking and camping

- Make sure to have the skills necessary for a camping or hiking adventure. Campers or hikers may need to know how to read a compass, erect a temporary shelter or give first aid. Practice these skills in advance.
- It's safest to hike or camp with at least one companion. If the group will be entering a remote area, the group should have a minimum of four people; this way, if one is hurt, another can stay with the victim while two go for help. If planning on going into an area that is unfamiliar, take along someone who knows the area or at least speak with those who do before setting out.
- Pack emergency signaling devices, and know ahead of time the location of the nearest telephone or ranger station in case an emergency does occur on the trip.
- Leave a copy of the trip itinerary with a responsible person. Include such details as the make, year, and license plate of the vehicle, the equipment being used, the weather anticipated and planned return time.

